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Compare



# Food Comparison

Compare nutritional values, allergens, and health benefits



## Select Foods to Compare

First Food

Sushi

Second Food

Bibimbap

Serving Size (g)

100



Compare Foods



## Detailed Comparison Results

Serving size: 100g



Sushi  
Japan



VS



Bibimbap  
Korea

150

Calories  
Δ -35

185 ↓

7.5g

Protein  
Δ -1.7g

9.2g ↓

28.0g

Carbohydrates  
Δ +3.0g

25.0g

1.2g

Fat  
Δ -4.6g

5.8g ↓

1.5g

Fiber  
Δ -1.7g

3.2g ↓

5.0g ↑

Sugar  
Δ +0.5g

4.5g

590mg ↑

Sodium  
Δ +105mg

485mg

⚠ Sushi - Allergens

🌿 Fish

- 🌿 Shellfish (may contain)
- 🌿 Soy (soy sauce)
- 🌿 Sesame (may contain)

### ⚠️ Bibimbap - Allergens

- 🌿 Eggs
- 🌿 Soy (soy sauce, gochujang)
- 🌿 Sesame
- 🌿 Gluten (may contain)

### ♥️ Sushi - Health Benefits

- ✅ High in Omega-3 fatty acids
- ✅ Good source of protein
- ✅ Contains beneficial minerals like iodine

### ♥️ Bibimbap - Health Benefits

- ✅ Rich in antioxidants from colorful vegetables
- ✅ Good source of complete protein
- ✅ High fiber content aids digestion

## Sushi

Traditional Japanese dish featuring vinegared rice combined with fresh raw fish, seafood, or vegetables. Sushi is not just a meal but an art form, carefully crafted with precise knife work and balanced flavors.

Gluten-Free (without soy sauce)

Dairy-Free

Low Fat

## Bibimbap

Korean mixed rice bowl featuring an array of seasoned vegetables, meat, and a fried egg, served with spicy gochujang sauce. A harmonious blend of colors, textures, and flavors in one bowl.

High in Fiber

Balanced Macronutrients




Vegetarian Option Available

 Print Comparison




 Analyze New Food

## Quick Tips




### Understanding the Comparison

-  Green values indicate better nutritional content
-  Red values indicate higher/concerning levels
-  Gray values are neutral or similar

### Making Better Choices

-  Look for higher protein and fiber
-  Prefer lower sugar and sodium
-  Consider overall calorie content

### Check Allergens

-  Always review allergen information
-  Consider cross-contamination risks
-  Focus on health benefits